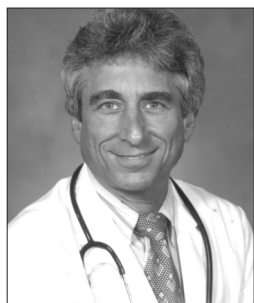

APRIL SPECIAL ISSUE

Healthy Resolve
P.O. Box 467939
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Scientists Discover Modern Solution to Memory Problems Hidden in 6,000-year-old Secret

Scientific studies show it boosts memory, speeds up thinking, reduces stress, and even slows down brain aging!



Robert J. Rowen, MD

Dear Friend:

If you're sick and tired of misplacing your glasses or car keys ... forgetting names ... or having "senior moments" ... then this is one of the most exciting messages you'll ever read.

Here's why:

Scientists have discovered an amazing breakthrough that improves memory, speeds up thinking, reduces stress, and even slows down brain aging.

But although this breakthrough is new to Western science, it's actually been around for over 6,000 years.

The Secret of the Ancient Rishis

Thousands of years ago — before the written word — people passed on their knowledge and wisdom from generation to generation through exhaustive oral histories.

In ancient India, this task was entrusted to the Rishi holy men. The Rishi were famous for their ability to perform epic poems at will ... and for days on end.

They could reel off hours of prayers and recite epics completely from memory, without pausing. One famous oral history, the *Rig-Veda*, contained

(over, please)

1,028 hymns — each one taking eight hours to sing! Another classic poem, the *Mahabharata*, took several weeks to recite in Sanskrit.

When finally translated to written form thousands of years later, some of these epics contained nearly 9,000 pages of text. But the Rishis were able to recite them word-for-word!

How did they do it?

The Rishis attributed their amazing memory to a wild herb that grew along the sacred River Ghanges. This plant was so prized for its memory-enhancing powers that they named it Brahmi, after the Hindu creator god.

Thousands of years later, modern scientists began to study the plant, known as *bacopa monnieri*. And what they found shocked them: 14 separate studies found that bacopa really works!

For example, one clinical trial in Australia tested 46 volunteers on reasoning skills, memorization, and learning ability.

After 3 months, nearly everyone in the bacopa group improved their ability to grasp new information without forgetting it a few days later. They were also able to speed up decision-making and think more quickly on their feet.

In a separate study, people were divided into two separate groups. Both groups were taught to perform a specific task, but the difference was that one group took bacopa and the other did not.

Result: While the people in the control group took an average of 10 days to learn the task, the people taking bacopa took only 6 days to learn the same task! *That's a whopping 40% increase in learning ability.*

Sound good so far?

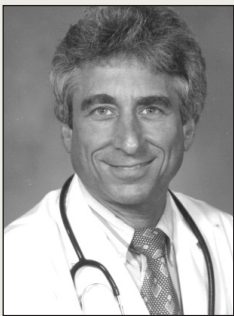
It gets even better. Bacopa can also help protect you from stress.

You already know that excessive stress is bad for your health. But did you know it's also bad for your brain?

For one thing, it impairs short-term memory. It also affects concentration, which is why you become inefficient, forgetful and accident-prone during stressful times.

Happily, bacopa helps your

About Robert Jay Rowen, M.D.



Robert J. Rowen, MD is one of the country's most respected authorities on healing with alternative medicine and nutritional supplementation. Dr. Rowen is a Phi Beta Kappa graduate of Johns Hopkins University and the University of California San Francisco School of Medicine. He is board certified in both family medicine and emergency medicine and has served on Alaska's State Medical Board.

Dr. Rowen is known nationwide for pioneering the nation's first statutory protection for alternative medicine in 1990. Today, he lives in northern California where he is in private practice with his wife, Terri Su, M.D.

CAUTION: The Sneaky Thief That ROBS Your Memory

Have you ever forgotten something during a stressful situation that you ordinarily would have remembered?

You're not alone. On-going pressure at work. Financial concerns. Health worries. Even those little aggravating things that go wrong in the day all have a cumulative effect on your brain; especially on its ability to remember and learn.

Why stress harms your memory

Science now understands the consequences of stress on the brain — and the picture is not a pretty one. Stress starves your brain, depriving important cells and neurons of essential oxygen and nutrients. And if you're going through stress for a sustained period of time, brain cells can become damaged. Even die.

Doctors now believe chronic stress plays an

even more important role in memory loss than the aging process. In one study, older adults with low stress hormone levels tested as well as younger adults in cognitive tests. People with higher stress levels tested between 20% and 50% lower.

Cortisol is the culprit

How our bodies handle stress begins in the adrenals — the small glands we have on top of our kidneys.

When you feel stressed, your adrenal glands flood your body with special “stress hormones” like adrenaline.

But after years of stress, your adrenal glands have to work overtime to keep up. They become tired, shut down. Overworked adrenals begin producing an overabundance of a substance called cortisol.

Excess cortisol in the brain makes it difficult to think or



retrieve long-term memories. That's why people get befuddled and confused in a severe crisis. Their mind goes blank because “the lines are down.” It also shrinks the hippocampus, the brain's center of memory. That's why short-term memory is usually the first health casualty of a lifetime of stress.

Advanced Memory Formula protects your brain from fatigue brought on by stress.

Fortunately, scientists have discovered nutrients that defend your body from the damaging effects of excess cortisol. Bacopa, phosphatidylserine, and acetyl-L-carnitine help modulate the effects of stress on the brain and balance hormonal response.

brain manage the rigors of stress. People who take bacopa regularly say it gives them a sense of calm and peace without making them feel tired or groggy.

In one study bacopa helped lower anxiety levels in patients by about 20 percent. What's more, participants said they didn't tire as easily, and enjoyed better short-term

memory. Plus, physical symptoms of stress overload — like occasional sleeplessness and irritability — were also relieved.

(continued on page 4)

Learning, memory, motor function and even stress relief — a lot of benefits from one simple plant. That's why bacopa is #1 on my short list of top nutrients for memory and concentration. But it's not the only one. There are 6 additional brain boosters you need to know about. One of these is widely known as ...

"The Ultimate Brain Nutrient"

Imagine you were given a memory test of 100 questions and you got 56 right. But when you took a certain "magic pill," your score went from a 56 to a perfect 100! Sounds unbelievable, right? Well believe it or not, that's just what happened in a landmark Italian study!

In the study, 170 patients in moderate stages of memory loss took a dosage of **PS** (*phosphatidyl serine*), a naturally occurring fat found in healthy brains.

At the end of 90 days, doctors discovered that the PS group improved a whopping 44% ... not only in memory retention but also in speech ability and word

association ability, too.

And this study is no fluke. In all, PS has been subjected to over 63 clinical trials ... as well as 2,800 research papers.

In one study, conducted jointly at Vanderbilt and Stanford Universities, scientists followed 149 patients between the ages of 50 and 75 for 12 weeks.

At the end of the study, people who took PS felt sharper, clearer, more focused and less forgetful. They scored significantly higher in every memory test. They were able to recall telephone numbers, find misplaced objects, and even recall entire paragraphs from memory.

But that's not the real amazing part. The amazing part is that the people taking PS actually tested 12 years younger.

You see, while the average age of the participants was 64, their "mental ability" age tested at 52.

PS yielded such amazing results that the researchers tested it over and over again in 17 separate placebo-con-

trolled studies to make sure the results were real. And time after time, the researchers got the same amazing results.

As you can see, PS and bacopa can have a profound impact on your memory and mental ability. But there are some more brain nutrients you need to know about ...

Boost Your Concentration With this "Brain Building Block"

The next nutrient I'd like to tell you about is a newly discovered compound that's causing a flurry of excitement in the medical community for its ability to boost concentration.

It's Alpha-Glyceryl Phosphorylcholine, or Alpha-GPC for short.

Alpha-GPC is a special form of choline — a vital "building block" in the brain. Choline helps produce chemical messengers called "neurotransmitters" that boost cognitive performance.

(continued on page 6)

This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, mitigate, treat, or prevent any disease.

10 Ways We Guarantee That Healthy Resolve Supplements are The Best Supplements Money Can Buy...

I'm sure you've heard of vitamins, herbs, and other nutritional products that flunked lab tests. Here at Healthy Resolve, we make sure that NEVER happens.

In fact, our manufacturing process guarantees purity, potency and quality 10 different ways:

#1. We only use suppliers and growers that we've known for years.

#2. We only use ingredients that have been proven effective in scientific studies.

#3. All our ingredients are 100% standardized to the levels used in those studies.

#4. All our ingredients are lab-tested by independent third-party laboratories, using state-of-the-art methods such as High Performance Liquid Chromatography, Atomic Absorption, and Mass Spectrometry.

#5. All our ingredients come from 100% natural sources and are GMO-free. There are no artificial colors, artificial binders, artificial fillers, or artificial preservatives.

#6. All our ingredients are screened for pesticides, metals, and other contaminants.

#7. Our manufacturing process conforms with or exceeds standards set by the U.S. government, the Medicines Control Agency of Europe, the U.S. Pharmacopeia, and the state of California.

#8. Every single batch of product undergoes rigorous dissolution and disintegration tests, to ensure that it is absorbed in your stomach and intestines rather than passing through unabsorbed.

#9. Every single step of our manufacturing process is double or triple-checked and signed off by a quality control officer to ensure accuracy, purity, and potency.

#10. Every bottle is immediately safety sealed for lasting freshness and potency. And each bottle is marked with an expiration date.

For you, that means the best quality possible. In fact, we *guarantee* it. If you're unsatisfied with *Advanced Memory Formula* for any reason whatsoever, simply return the empty bottle and we'll refund every penny you paid, including shipping and handling. Turn to page 19 for your Introductory Savings Certificate or call toll-free 1-800-728-2288 to get started right now!

Enjoy Life to the Fullest With a B and Stronger Concentration ...



*Never forget another
birthday or
special occasion*



*Experience wonderful
new times you'll
cherish the rest
of your life*



*Enjoy a better
level of
concentration.*

(continued from page 4)

Since choline levels in the brain naturally decline as we age, it only follows that short-term memory and concentration weakens, too.

So why not just feed your brain extra choline? Well, it's not as easy as it sounds. The body doesn't absorb choline very efficiently unless it's in the right form.

And just a few short years ago, scientists finally

discovered what that form is: Alpha-GPC.

Since your body creates Alpha-GPC on its own, it's the preferred form of choline. And unlike other forms of choline, Alpha-GPC can cross the blood-brain barrier — so it's able to work where it counts the most. It's also essential for keeping nerve cells in the brain healthy and functioning.

Over 20 studies involving

more than 5,000 patients have shown time and time again that Alpha-GPC increases alertness, boosts learning, and revitalizes mental performance.

One study showed that Alpha-GPC helped patients with cognitive decline improve their memory, mental clarity, and brain function *by an astounding 71%.*

Plus, Alpha-GPC also increases levels of GABA

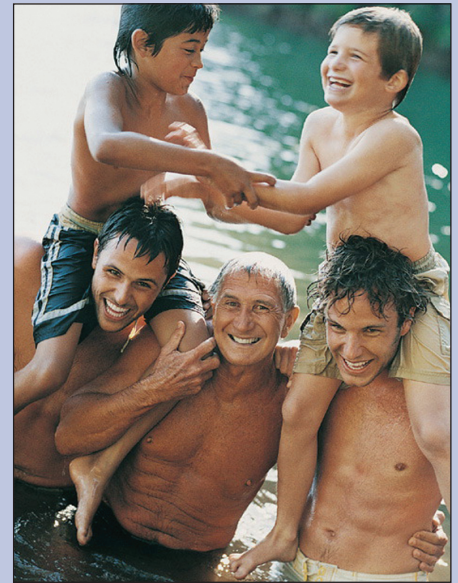
Better Memory, Clearer Thinking, ... Advanced Memory Formula



Drive to your destination with confidence.



Master new skills like a pro



Say "goodbye" to the blues...and "hello" to brighter days ahead

(gamma-aminobutyric acid), an important nerve "balancer" in the brain. Healthy levels of GABA stop brain neurons from misfiring — and help you relax and focus on the task at hand.

This leads me to memory-enhancing nutrient #4 — an important amino acid that plays two essential roles when it comes to memory and concentration health:

Acetyl-L-Carnitine — Like an Alarm Clock for Your Brain

If it's time to clear away the cobwebs and fire up the after-burners, think of Acetyl-L-Carnitine — or ALC. It helps produce key chemicals that "wake up" your brain cells for better thinking and a longer-lasting attention span.

And ALC has other important jobs for your brain, too.

- **It's a powerful antioxidant.** This is especially crucial, because free radical damage in the brain leads to big problems. Acetyl L-Carnitine scrubs away the brain rust that may be eating away your memory and concentration.

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- **It boosts cellular energy.** ALC specializes in boosting cellular energy production everywhere in the body. That's even more essential in the brain, which takes up almost 20% of your body's total energy output. Your brain is a regularly energy-guzzling factory — so if you're experiencing a work "slow down" in the Thinking Department, Acetyl-L-Carnitine could be the wake-up call your brain cells need.

The research behind ALC's benefits for supporting brain and memory health is impressive, too. Several studies showed that ALC enhanced memory, mood, and stress response in virtually every patient who took it. It even kept working several weeks after stopping treatment.

In a large clinical trial of patients with declining memory health, ALC improved learning speed, boosted memory power, and eased moodiness. Plus, it was safe and well-tolerated.

So whether you want to "think on your feet" better, or

remember everything you need at the store without a shopping list — ALC can make a world of difference.

The team of Bacopa, PS, Alpha-GPC and ALC offers a mountain of support for optimum brain health. So if you ever feel like you're lost "in the fog," I urge you to take these nutrients right now.

But Honestly, I Wouldn't Quit There...

Let me tell you about three more mind energizers that are tops on my short list.

The first is one you've already heard about — *ginkgo biloba*. It's the most popular herb in the world for boosting brain health, and for good reason.

Ginkgo increases the flow of blood and nutrients to the brain, helping you feel more alert and focused.

While some recent studies may question its true effectiveness, more than 400 scientific papers over the past 47 years have been published promoting its use.

Plus, more than 50

controlled trials confirm its ability to power-up short-term memory, attention, and reaction time. It's also shown benefits for reducing confusion, absentmindedness, tiredness, dizziness and tinnitus. Like bacopa, ginkgo protects the brain against the harmful effects of stress.

An amazing herb, ginkgo. It definitely lives up to its richly deserved reputation. But what's really surprising scientists these days is the research behind another remarkable herbal extract that works much the same way as ginkgo — only much more powerfully.

You May Not Have Heard of This Amazing Herb

From the leaves of the common periwinkle plant comes one of the most potent brain fuels around.

It's called **vinpocetine**. Like ginkgo, vinpocetine is a vasodilator that relaxes the capillaries of the brain and enhances circulation. And like Acetyl-L-Carnitine, it's a powerful antioxidant that can repair free radical

5 Dangerous Ingredients You'll Never Find in *Advanced Memory Formula*

Phenytoin (Dilantin).

Commonly prescribed to treat epilepsy, this anticonvulsant is sometimes falsely promoted as an “IQ-booster.” There are no convincing studies to support this claim.

But there's plenty of data detailing the drug's potential side effects — everything from slurred speech and insomnia to potentially deadly disorders of the liver, blood, and thyroid. Don't take any chances with this one.

Fipexide. This over-the-counter stimulant is supposed to enhance thinking and learning by increasing levels of dopamine to the brain. In a single clinical trial, fipexide did improve mental functioning in a group of older patients with brain disease. However, it may also cause severe liver damage. You're better off staying away from this one.

Human Growth Hormone (HGH). This protein, secreted by the pituitary

gland, promotes cell growth. Sold as a prescription drug, growth hormone is said to prevent physical and mental deterioration.

However, its effectiveness as a memory booster is totally unproven ... and the risks are significant. Growth hormone has been known to cause fluid retention, high blood pressure, and blood sugar problems. It may also stimulate the growth of existing cancer tumors. So if you have a microscopic tumor somewhere and don't know it, you could be turning a treatable situation into a terminal cancer.

DHEA. This steroid hormone, produced by the adrenal gland, is touted as an anti-aging nutrient that helps you “age more gracefully.” Manufacturers state it boosts memory, increases muscle mass, and stabilizes mood swings.

It really does work. But ... if you take DHEA without a doctor's supervision, the risks may outweigh any benefits. For one

thing, women taking DHEA are prone to “masculine” side effects like unnatural hair growth, a deepening of the voice, and weight gain. Likewise, men can develop breasts or have breast tenderness. DHEA can also cause other frightening side effects—like heart palpitations, altered blood sugar levels, and increased cancer risk.

Bottom line: Do not take DHEA unless you're doing so under a doctor's supervision.

Gerovital (GH3).

Marketed as a miracle anti-aging formula for your body as well as your brain, Gerovital is really nothing more than the local anesthetic procaine, combined with an antioxidant and a preservative. There is no scientific evidence whatsoever that Gerovital rejuvenates the mind. Plus, excessive use may cause tremors, convulsions, low or high blood pressure, unconsciousness, and even respiratory and cardiac arrest. Avoid this one at all costs.

damage in the brain.

But unlike both of these nutrients, vinpocetine delivers benefits you can notice almost immediately.

While other vasodilators help increase blood flow throughout the body, vinpocetine has a special

ability to concentrate the flow of blood to the vessels and capillaries in the brain only.

Plus, it may also help repair damaged areas of the brain, and even raise brain energy to new and improved levels.

Over 100 Clinical Studies Can't Be Wrong

A veritable tidal wave of studies demonstrates vinpocetine's ability to slow down,

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If You Haven't Gotten Results From Memory Supplements In the Past, Here's Why

By Robert J. Rowen, MD

I hear it all the time from my new patients: Their memory is not what it used to be ... and nothing they take seems to be working for them.

If that describes you, then take heart. Memory-boosting nutrients *do* work. But here's the key: You have to take the right ones, in the right forms, and in the right amounts.

If you haven't gotten results in the past, it's likely that the remedies you took suffer from one or more of the following short-comings:

1. They don't address all the causes of memory loss.

Very often, a preparation will only contain one or two ingredients. Like ginkgo biloba. Or phosphatidyl serine. The problem with that is that no one ingredient can address all the causes of memory decline. For example, ginkgo increases circulation to the brain and is a terrific antioxidant ... but it doesn't improve neurotransmitter activity or increase cellular energy. And phosphatidyl serine is great at boosting brain function, but it does nothing to counter stress-

related memory loss.

The lesson is clear: To get the best results, you need a supplement that addresses all the causes of memory decline, not just one or two.

2. They contain untested remedies.

Some products use ingredients that rely on folklore instead of science to support their claims. But just because one culture uses an indigenous herb doesn't necessarily mean others can use it and get the same results.

Other products use ingredients that have only been tested in test tubes or on animals. But just because an ingredient works in the test tube or on animals doesn't mean it will work for you, too.

Don't fall for the hype! Look for ingredients that have solid science behind them.

3. They contain tiny amounts of each ingredient.

Have you ever wondered how a vitamin company can cram a dozen different ingredients into one tiny little pill? The answer is that they can't! The only way to do it is to use teeny tiny amounts of each ingredient — amounts too small to have any

therapeutic value!

I call this the “dry martini” approach. The company takes a sexy-sounding ingredient and puts a minuscule amount of it in the formula, just so they can list it on the label. Then they write advertising copy hyping the ingredient, even though clinical studies show that you won't get any benefits unless you take 10 times as much as they put in their product!

Don't be hoodwinked.

The only way to get results is to choose a supplement that contains adequate amounts of each ingredient, the same amounts used in clinical studies.

4. They use inferior ingredients.

It's no secret that many manufacturers like to cut corners. They use cheaper, less effective forms. Or herbs that have not been standardized. Or binders and fillers that make it hard for the tablet or capsule to dissolve in the body.

With all these shortcomings, it's no wonder so many people get lousy results from their memory supplements!

For years, I had trouble finding a good, comprehensive memory preparation to give to

my patients. So instead, I'd end up prescribing 7 different pills from 3 different manufacturers. While this 7-pill "cocktail" proved effective, it was far from ideal. First of all, it was very expensive. Secondly, nobody likes to have to choke down 7 different pills.

Finally, I got so frustrated that I decided to formulate my own memory formula! I got together with Healthy Resolve, one of the best supplement companies in the business, and created Advanced Memory Formula.

Advanced Memory Formula contains the right ingredients, in the right amounts and right forms. What's more, the manufacturing plant that makes them has the most stringent standards for potency, purity, and quality control. (For details, see the article "10 Ways We Guarantee That Healthy Resolve Supplements are The Best Supplements Money Can Buy" on page 5.)

The folks at Healthy Resolve and I are so convinced it will work better than anything you've tried, that we're offering a "down-to-the-last pill" money-back guarantee. If you're unsatisfied for any reason, simply return the empty bottle(s) and Healthy Resolve will refund every penny, including shipping and handling charges. To try **Advanced Memory Formula** without risk, see the Introductory Savings Certificate on page 19.

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age-related cognitive decline. And often in very dramatic fashion.

In three studies of older adults with memory problems, for example, a jaw-dropping 87% of patients taking vinpocetine scored dramatically better on tests of memory, concentration, and attention span. Plus, it's safe and well-tolerated by just about everyone.

In another study, patients had to memorize a list of 10 words. Without vinpocetine, they typically recalled only 5 or 6 words. But after a month of taking vinpocetine, they were able to recall every word on the list ... without a single mistake!

The next natural mind enhancer on my list is a household name. But not for the incredible brain-boosting payload it delivers.

I'm talking about **blueberry**. Yes, the common blueberry. Not only does it taste great, but it's also a potent antioxidant.

USDA researchers discov-

ered that blueberries have the highest levels of free radical fighters compared to over 40 fruits and vegetables. It bursts with antioxidant power 20 times greater than tomatoes and 10 times greater than beta-carotene.

Blueberries are also packed with anthocyanins, a potent flavonoid that contains four times the free-radical-fighting power of vitamin C.

That's fabulous news for your overall health. But the best reason why blueberry is such an essential brain nutrient is because it is one of the few antioxidants that can cross the blood-brain barrier. Which means it can go to work right where you need it the most — fighting free radical damage in the brain.

All this explains why I consider blueberry to be an essential part of any brain-health program — along with the 6 other nutrients I mentioned.

Listen: Declining brain health is a powerful enemy. It can be aggravated by stress, free radical overload,

(continued on page 12)

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and dozens of other conditions. So to keep your memory and concentration in top working form, give your brain the support it needs with all 7 of these powerful nutrients.

But don't just take any supplement. Potency and dosage are critical. Many so-called memory-health formulas don't include these vital nutrients at all. Or they contain such meager quantities that it's little more than "window dressing" on the product label.

That's why I worked hand-in-hand with the formulators at Healthy Resolve to develop my own formula for optimal brain and memory health. I call it **Advanced Memory Formula**.

Advanced Memory Formula delivers all seven of these mind and memory energizers. Plus, they're included in the therapeutic levels shown to deliver the most health benefits.

What's more, every single ingredient in **Advanced Memory Formula** is 100% natural and 100% standard-

ized to ensure the uniformity, potency, and quality in each extract used.

Put Advanced Memory Formula To Work For You ... and Set Yourself Free From Fear of an Aging Mind Once and For All

Imagine how great it will feel to enjoy life without the fear, embarrassment, or frustration of mental slip-ups. You won't have to worry about forgetting people's names ... or missing appointments ... or misplacing your glasses ... or locking yourself out of your car or house.

Imagine how great it will feel to remember names, dates, events, facts, and figures effortlessly. Imagine how great it'll feel to zip through a complicated crossword puzzle ... play cards or table games with that old "killer instinct" again ... or enjoy friendly arguments with that quick-thinking logic that gives you the upper hand.

That's what life promises

for you with **Advanced Memory Formula**. And why I urge you to give it a try.

Try Advanced Memory Formula at the Lowest Price ... and get 3 FREE Bonus Gifts!

If you were to purchase all 7 of these nutrients separately — that is, if you could even find them at your health-food store — you'd spend well over \$160 for a one-month supply. And you'd have no guarantee that you'd get these extracts in the therapeutic levels or in the right standardized form you need.

But from now on, you can get all 7 ingredients in one formula — and for less than the price of your morning paper or cup of coffee! Just look at what you get when you try a one-month supply of **Advanced Memory Formula**:

A One-Month Advanced Memory Formula Starter Pack

... is just \$39.95, plus shipping and handling.

You save \$5.00 off the regular price, plus you'll receive a FREE gift that I'd like to send you right away:

FREE Gift #1: The Total Solution to a Healthy Memory (a \$12.95 value)

This Special Report reveals the amazing story behind *bacopa monnieri* and the 6 other nutrients in **Advanced Memory Formula**. You'll get details on the scientific studies and hear true-life success stories from people who've used the nutrients.

But that's not all: You'll also find out about:

- Why Atkins-type diets can negatively affect your memory! Plus the easy solution that keeps your brain as fit as your waistline.
- An easy, painless medical screening test to see if you or a loved one are in danger of severe memory loss. Sounds like science fiction, but really works!
- Does eating soy hurt your brain? Shocking findings from a university study.
- The biggest cause of

**Your
FREE GIFT!**



**The Total
Solution
to a Healthy
Memory**

memory loss and impaired decision-making. It has *nothing* to do with aging — and everything to do with this common bad habit.

- And much more.

If you're sick and tired of forgetting things, misplacing things, or feeling like you're in a fog, then you'll want to get your hands on this must-read report. And the report is yours FREE.

**Do Even Better
With 3 Bottles
And Another
Free Gift**

If you want to save more money and make sure you have enough **Advanced Memory Formula** on hand, I suggest you order ...

A 3-Month Advanced Memory Formula Savings Pack

Try a 3-month supply of **Advanced Memory Formula** for just \$107.85, plus shipping and handling. You save \$27.00 off the regular price, plus you receive:

FREE Gift #1: The Total Solution to a Healthy Memory (a \$12.95 value)

FREE Gift #2: The Super Sudoku Book (a \$12.95 value)

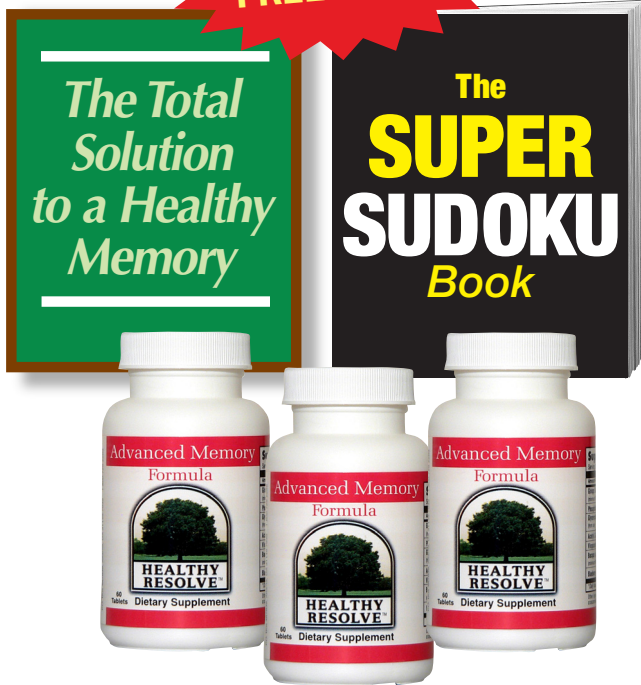
Have you heard of Sudoku, the latest puzzle craze? This "wordless crossword" is taking the world by storm, and I can see why. Once you start working on these fun puzzles, you can't put them down!

The rules of Sudoku are easy: Just fill in the blank squares with the numbers 1 through 9 ... but make sure no number repeats itself in any row, column, or box. You don't have to have any knowledge of math to do Sudoku, just an inquisitive mind and a pencil.

But make no mistake about it: Some of these puzzles can

(continued on page 14)

**Your TWO
FREE GIFTS!**



and reasoning skills with these puzzles. And even if you're not normally a puzzle person, I bet you'll find Sudoku one of the most fun ways to "jump-start" your brain.

I'm happy to send you this puzzle book as soon as possible. After all, it's yours FREE with the 3-month pack. That's a combined value of \$160.75 for

only \$107.85 — a total savings of \$52.90!

For the Biggest Savings and the Lowest Price Per Bottle, Try the 6-Month Pack

If you're really serious about maintaining your memory and brain power — and saving the most money you can — you should try ...

A Six-Month *Advanced Memory Formula* Savings Pack.

be devilishly difficult! And that makes them a great way to keep your mind sharp.

This book contains 50 original Sudoku puzzles, ranging from the super easy to the super hard. It also includes an introduction that explains the rules and gives helpful hints on how to solve Sudoku puzzles.

If you're a crossword fan ... a brain-teaser aficionado ... or someone who likes mystery novels, you'll love testing your logic

**Your THREE
FREE GIFTS!**



It's just \$179.70, plus shipping and handling. This is by far the best value because you save \$90.00 off the regular price, and you receive all of these FREE gifts:

FREE Gift #1: The Total Solution to a Healthy Memory (a \$12.95 value)

FREE Gift #2: The Super Sudoku Book (a \$12.95 value)

FREE Gift #3: Natural Breakthroughs for Osteoarthritis, Rheumatoid Arthritis, and Gout (a \$14.95 value)

Whenever we poll our readers about their health concerns, the #1 concern is always arthritis. And it's no wonder. The pain, stiffness, and inflammation can make you miserable and prevent you from doing many of the things you love.

That's why we've also included this free arthritis report written by Dr. Rowen. It reveals the latest natural breakthroughs for getting rid of pain, stiffness, and inflammation. For example:

- The world's best all-purpose pain reliever. Works for arthritis, bursitis, tendonitis, sore muscles, sprains, back pain, and more.
- The 3 best supplements to combine when treating osteoarthritis. (Surprise: chondroitin is *not* one of them.)
- An innovative new remedy

(continued on page 17)

Advanced Memory Formula Provides the Top-Notch Brain Support You Need At a Fraction of the Price

Here's how much you would have to pay if you purchased the individual ingredients already contained in *Advanced Memory Formula*

<u>Ingredient</u>	<u>Typical Monthly Cost</u>
Phosphatidyl Serine	\$24.95
Ginkgo	\$13.99
Acetyl-L-Carnitine	\$50.00
Vinpocetine	\$12.99
Bacopa Monnieri	\$16.95
Alpha-GPC	\$29.95
Blueberry	\$12.50
TOTAL MONTHLY COST	\$161.33

MONTHLY COST OF
Advanced Memory Formula: \$39.95
You Save \$121.38 Every Month!

“I’ve tried dozens of supplements for my forgetfulness — but nothing worked as well as *Advanced Memory Formula*!”

— V. Sanders, Chicago, IL

SUPER RECALL

“I can now remember things a lot better. When I would start to say something, all of a sudden I would have to stop; it just wasn’t there. I’d forget what I was going to say. But now I’m so much better and not embarrassed like I used to be. Thanks so much.” — Evelyn Monroe, Winter Haven, FL

CLEARED UP THE COBWEBS

“I feel that I was hesitating before remembering people’s names. Also, I had to stop and think what I had started to say. I do not do that any more and I’m as sharp as I have ever been. I really think this product has helped me!” — Lomie M. Cooke, Ocean Isle Beach, NC

GREAT RESULTS ALMOST IMMEDIATELY

“I have noticed a difference in my memory almost immediately within a week or so. My memory has always been very good, but my memory formula

has put a sharper edge to it.”

— Mary McDougall, Westwood, MA

NO MORE FORGETFULNESS

“I would start to get something and forget what I was after. One week after I started taking *Advanced Memory Formula* this cleared up. I can also concentrate longer now. Thank you!”

— Daniel Lynn, Austin, TX

“KEEPS MY MIND SHARP UNDER STRESS”

“I’m 79 years old. I was becoming forgetful when I was excited, frustrated, or depressed. With *Advanced Memory Formula* I have better memory recall under stressful situations and it keeps me more alert. It is so frustrating not to be able to say what you want. I keep going back to Memory Formula because it helps.”

— Jack Whidden, Tallahassee, FL

MEMORY BETTER NOW THAN YEARS AGO

“I am a 74-year-old retired

engineer. My memory has improved so much that I can recall things my parents used to say when I was 5 years old. I can recall formulas without resorting to the handbooks. Thank you for such a wonderful product!”

— John Brugnetti, Norwell, MA

DAD’S MEMORY PROBLEMS IMPROVE

“I ordered the product for my father who is 83 years old. He took it every day and he seems to be much better now. Thanks for now and many thanks for everything.”

— Mr. V. Kovalyov, Scotch Plains, NJ

94-YEAR-OLD THINKS “YOUNG”

“I am 94 years young and have been using *Advanced Memory Formula* for a few months. I am now less forgetful and nervous. My moods are more stable — and my thinking is sharper. Thanks for a wonderful product.” — Allen L. Jones, Royersford, PA

(continued from page 15)

that re-builds collagen and cartilage in the joints (it's not glucosamine or SAME).

- A simple two-nutrient combination that gets rid of gout and keeps it from coming back.
- The amazing discovery made by a desperate doctor who suffered from rheumatoid arthritis for years. He was so debilitated that he almost had to give up medicine. But once he discovered this special "combination therapy," he was able to cure his RA for good! Since then, he has treated legions of RA patients — with dramatic results.
- Is your arthritis the result of an injury? Then you need to know about the new non-surgical treatment that cures the problem permanently! Works for up to 92% of cases! Complete details on what it is and where to get it.
- And much more.

These 3 FREE Bonus Gifts are worth \$40.85. Add that to the discount off the regular cost of six bottles of **Advanced Memory Formula**, and you save a whopping \$130.85!

Don't Miss Out! Act now!

I hope I've given you plenty of reasons to give **Advanced Memory Formula** a chance to work for you. Now I'd like to invite you to try this new formula at special introductory savings, so you can start experiencing these dramatic health benefits for yourself.

In all my years of treating patients and researching nutrients, I've yet to see a natural supplement as effective as **Advanced Memory Formula** at restoring fading memory and improving thinking and brain function. That's why I want to make sure I get the word out to as many people as possible.

Please take advantage of this special opportunity so you

can live your healthiest life possible. You have my word that every bottle is 100% guaranteed or your entire purchase price will be promptly refunded. You've got nothing to lose ... and so much to regain.

Yours truly,



Robert J. Rowen, MD

P.S. The 7 ingredients in **Advanced Memory Formula** have been proven to have a dramatic effect on memory, concentration, and well-being in over 247 clinical studies. Don't you owe it to yourself to try them?

Remember, if you're not absolutely thrilled with the results, you can return the empty bottle(s) for a full refund of every penny you paid. Don't let mental slip-ups and "senior moments" get you down, try **Advanced Memory Formula** today!

Turn the page and get started today!



Choose from three Advanced Memory Formula Savings Packs and get started today!

Lowest Price Per Bottle!

BEST VALUE

The Six-Bottle Value Pack

PLUS ALL 3 SPECIAL REPORTS



The Total Solution to a Healthy Memory

The SUPER SUDOKU Book

Natural Breakthroughs for Osteoarthritis, Rheumatoid Arthritis, and Gout

Great Value

The Three-Bottle Savings Pack
PLUS TWO SPECIAL REPORTS



The Total Solution to a Healthy Memory

The SUPER SUDOKU Book

Single Special

The One-Bottle Starter Pack
PLUS ONE SPECIAL REPORT



The Total Solution to a Healthy Memory

Extra Savings When You Order Within the Next 7 Days....
FREE SHIPPING!

Save \$5.95!

Don't miss this opportunity to save even more — with **FREE SHIPPING**. That's right...the postage, packaging, and handling are all on us. Just order **Advanced Memory Formula** within the next 7 days and we'll waive all the postage and handling charges. *That's an extra \$5.95 savings!*

Try Advanced Memory Formula at ZERO risk with my **“Down to the LAST TABLET” money-back GUARANTEE**

If you're not totally convinced **Advanced Memory Formula** has improved your memory and concentration ... or if you're not 100% satisfied for ANY reason, just return it at ANY time. Even if the bottles are empty!

We'll immediately send you a full refund of the purchase price, including shipping and handling charges, no questions asked! No matter what you decide, the free Bonus Gifts are yours to keep just for giving this powerful, memory-boosting formula a try.

I'm so confident **Advanced**

Memory Formula will work for you that I stand behind it with an unprecedented, down-to-the-last-pill guarantee. Not just because of the clinical studies that I've reviewed, or the truckloads of letters from happy customers. But because I've seen first-hand the remarkable difference it has made in the lives of my patients.

This is the strongest guarantee in the industry — and I can't think of a better way to convince you to try the most amazing breakthrough for memory health ever developed. Call **1-800-791-3446** to place your order today. You'll be so glad you did.

Advanced Memory Formula

INTRODUCTORY SAVINGS CERTIFICATE

SAVE \$90.00 ON OUR BEST VALUE DEAL AND GET 4 FREE GIFTS WORTH \$46.80!

☐ **YES, Dr. Rowen!**

I want to boost my memory, concentration, and mental clarity! Please rush me *Advanced Memory Formula* in the quantities I checked below, along with my FREE BONUS GIFTS. I understand that if I'm not 100% delighted I can return *Advanced Memory Formula* for a full and prompt refund under your "Last Tablet" guarantee. Whatever I decide, the FREE GIFTS are mine to keep.

1. Please rush me the quantities I've indicated below so I can enjoy significant introductory savings:

☐ **Best Value: The Six-Month Savings Pack**

*Lowest Price
Per Bottle!*

Send me six bottles of *Advanced Memory Formula*, and three free reports for just ~~\$269.70~~ \$179.70. If I order within 7 days, I don't pay a penny in shipping. That's a combined value of \$316.50 for only \$179.70 — SAVE \$136.80

☐ **Great Value: The Three-Month Savings Pack**

Send me three bottles of *Advanced Memory Formula*, and two free reports for only ~~\$134.85~~ \$107.85. If I order within 7 days, I don't pay a penny in shipping. That's a combined value of \$166.70 for only \$107.85 — SAVE \$58.85

☐ **Single Special: The One-Month Starter Pack**

I'll try it! Send me one month of *Advanced Memory Formula*, plus one free report for only ~~\$44.95~~ \$39.95. If I order within 7 days, I also don't pay a penny in shipping. That's a combined value of \$63.85 for only \$39.95 — SAVE \$23.90

GET FREE
Shipping and
Handling

On any order if
you respond
within 7 days!

**Save an extra
\$5.95 per
order.**

Total prices with
free S&H are:

6 bottles = \$179.70

3 bottles = \$107.85

1 bottle = \$39.95

☐ **GIVE ME MY FREE SHIPPING!**

I'm responding within 7 days so I can get FREE shipping and handling — and save \$5.95.



2. Please Choose Your Method Of Payment:

☐ My check is enclosed for U.S. \$ _____, made payable to *Healthy Resolve*.

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Card #: _____ Expires: ____/____/____ Amount \$ _____

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Phone #: (____) _____
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☐ Yes! Also send me FREE email updates from Dr. Rowen, including updates on new health research, discoveries, warnings, and new product announcements. I understand that I may unsubscribe to these updates at any time. And you'll never share my email address with anyone.

Mail in the envelope provided or call TOLL-FREE 1-800-791-3446

(24 hours a day, 7 days a week)

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